

TIMS FORD DEER TRAIL 6 MI

**Part of the 29th Annual Tennessee State Park Running Tour
Saturday, December 1, 2007**

TIMS FORD STATE PARK, Winchester TN. Park Info 931-962-1183.

Directions: From Nashville, take I-24 East to Hwy 55 W (exit 111). Go through Tullahoma to turn left on Hwy 130. At Center Grove turn slightly right on Awalt Rd, then left on Hinkle Rd, which turns into Hurricane Rd, then back to Awalt Rd across the lake. Turn left on Mansford Rd at Brownington, then right on Tims Ford Drive to the Lodge.

Start and Finish at the Lodge. Race starts at 11:00 A.M. Central Standard Time.

Course: One loop around the lodge area then down the trail. Turn right on the main drive to a sharp left turn at the rangers station. Follow the trail to a turnaround at the overlook (3 miles). Back the same way with a second loop around the lodge.

Awards: Special awards to top male and female overall, masters (40+), grandmasters (50+) and senior grandmasters (60+). Five-year age groups with top 3 awards in each category from under 20 to 75+. Award ceremony at the lodge.

Long Sleeve T-shirt: guaranteed to all pre-registered runners.

Pre-registration deadline: November 24, 2007. Race day registration from 10:00 to 11:00 AM.

Entry Fee: \$15.00 with or \$5.00 without shirt, payable to MachTenn. Race day without T-shirt \$10.00, with shirt \$ 20.00 (if available).

Race Directors: Bob and Aggie Alt, Realt@charter.net (931) 455-3986.

Mail registration to: **Tims Ford Run
210 Lakewood Drive
Tullahoma, TN 37388**

[Link to Registration Forms](#)